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SODALITY,  
IN HONOUR OF THE  
*BLESSED VIRGIN.*

TO OBTAIN  
(UNDER HER PATRONAGE)  
THE PRACTICE OF  
CHRISTIAN VIRTUES.

~~~~~  
O singularly chaste,  
Whose meekness all surpass'd ;  
Our sins being all expell'd,  
Render us chaste and mild.  
~~~~~

Henry Edmunds

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1796.







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## SODALITY.

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### *Reflections on the Object of this Sodality.*

DEVOTION to the Queen of Heaven, the ever blessed Virgin MARY, the Holy Mother of Christ our Saviour, has always been considered in the Church as an efficacious means to preserve and encourage virtue. Especially when early instilled into young people, it disposes them to piety; it makes them fervent in prayer, and gives them a love for the Sacraments. From these first elements of a Christian life, must ensue, as their natural attendance, every kind of virtue,

tue, in imitation of *her*, who is here proposed for their particular object of devotion.

The Holy Mother of God is singularly remarked and honoured, for her most perfect purity, and exemption from sin; as also for her meekness, humility, modesty, and love of retirement. She is, in the scriptural style, called *the Mother of the fine dilection* \*; because we believe, that she has loved God, her Maker, with that perfection of divine charity, as can well be conceived only in the heart of his own mother. We know also, that her charity towards us, poor mortals, is great and ineffable; but chiefly in behalf of those, who, through her powerful intercession, and their own assiduous humble prayers, sue for the divine mercies and favours.

Those who, to their prayers, join a more frequent recollection of the virtues of so sublime and amiable a pattern; who keep it through the paths of life, and in their daily conduct, set before their eyes, cannot be long without gradually tracing, in themselves, a

\* Ecclis. xxiv. 24.

copy and resemblance with that same original they have dedicated their affections to.

The following regulations are set down, as a help to attain so desirable an end.



*Rules of the Sodality, in Honour of the  
Blessed Virgin.*

1. Daily spiritual reading, in some pious and instructive book.

2. Daily, sometimes to be dedicated to *mental prayer*.

3. Daily examens of conscience; especially *that called the particular examen*, for the conquering of our defects.

4. Each Saturday, a weekly review of the state of our conscience, with respect to our duties, and fidelity to our good purposes.

5. Every month, to receive the Sacraments once; as also on the great feasts, and those days consecrated to our blessed Lady.—  
The more the *Sodalist* will reap fruit from  
these

these sources of grace, the greater will grow his desire to frequent them. Among the many pious intentions, which will lead the *Sodalist* to a participation of the Sacraments, let him often pray for his own perseverance in good, and for the great grace of a holy death.

Every year, they must perform a *retreat* of a few days; that is, choose some days to spend in more than usual retirement, and in the remembrance, and serious consideration, of the great truths of religion.

By these means, it is hoped, they will render their lives truly exemplary and edifying to their neighbours; shew kindness and sincere charity towards all; good example in every duty. They will remember the great duty of alms-deeds to the poor; for which, let them even retrench what would be otherwise spent in vanity, or other useless purposes.

A spirit of penance is an indispensable requisite to a Christian life; let them not omit the practice of it upon occasions.

They

They are often to renew their act of consecration.



*An Act of Consecration.*

**H**OLY MARY, Mother of God, and ever a most pure and undefiled Virgin, I, N. on this day, choose you for my Mother, Queen, Patroness, and Advocate, with your divine Son. I firmly resolve and purpose, never to depart from the duty I owe you; therefore, never to allow myself to think, speak, or do any thing, which might be to your dishonour; nor ever to permit the like to be done by those who will be under my charge. I therefore, O blessed Queen of Heaven, and most amiable Mother, humbly implore your protection over me; receive me as your servant for ever; assist me in all the actions of my life; and do not forsake me in the tremendous hour of my death. *Amen.*

*Remember*



A SODALITY.

*Remember*

DEATH,  
JUDGMENT,  
HEAVEN, and HELL.

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*Three great Means to avoid Sin.*

PRAYER,  
THE SACRAMENTS,  
Shunning BAD COMPANY and SLOTH.

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*A Prayer, for the Angelical Virtue of  
Purity.*

THROUGH thy spotless virginity, and immaculate conception, O most pure Virgin, keep my soul and body undefiled, in the name of the Father, and of the Son, and of the Holy Ghost. *Amen.*

FINIS.

